

Intersectoral working in schools between education staff and primary healthcare professionals.



Case study description

Résumé pour le site internet :

This initiative consisted in teaching and providing students with tools to increase their health : active life, eating healthy food, hands washing, tooth brushing, etc. Nurses and pediatricians have come in the schools to explain healthy habits, and prepare games and workshops to put into practice the new knowledge.

Title of the initiative / case study	Healthy Habits Workshop
Country / Territory	Villafranca del Bierzo, León. Spain.
Summary of the intersectoral initiative	<p>The intersectoral initiative consisted in teach and provided students of tools that could be used to increase their health. We taught them about benefits of having an active life, eating healthy food instead of fast food and ultra processed food, hands washing, tooth brushing, etc.</p> <p>During the academic course, some nurses, and the pediatrician of the primary care center of the village, have come to the different schools at the area, to explain healthy habits, and prepare games and workshops to put into practice the things that have being explained</p>
Focus of the initiative	Physical health
Goal and objectives Overall goals and specific objectives.	<p>The overall goal is to improve the students knowledge about healthy habits</p> <p>Have a good tooth care is important and teach the students the tecnic of a good toothbrushing was one of the objetives</p> <p>Other objetive was to teach children about the risk of overweight and obesity, teach them about real food, healthy food, the Harvard´s Plate, and the importance of an equilibrate diet to be healthy</p> <p>Estimulate children to have outdoor fun, play sports, run, play at parks instead of watch T.V. or play videogames</p> <p>Tech children about the importance of hand washing and correct higienic habits for prevent diseases was another specific objective.</p>
School setting - Age group of students	6-8

covered (0-18)	
- Number of students in the school	44 students between 6 and 8 years, distributed in two schools
- Public (<i>no fees</i>) or Private (<i>pay fees</i>)?	Public
- Location	Rural
- Socioeconomic environment	All types

<p>Description of the initiative</p> <ul style="list-style-type: none"> - What was the driver to start the initiative? <i>Was it the pandemic, or something else?</i> - From when to when did the initiative take place? <i>Does it continue now?</i> - Did it get funding? How was it funded? - What type of activities took place <i>e.g. health professionals seeing students or staff for consultations, health professionals training education staff, teachers training health professionals?</i> 	<p>The driver to start the initiative was the increasing rate of child obesity at our country.</p> <p>The initiative took place between September 2022, to May 2023. We want to continue with the initiative on next academic courses.</p> <p>The activities that we have done, consist in practical lessons at schools, about healthy habits. We do some explanations about healthy food, Harvard's plate, food pyramid, physical exercise, tooth brushing, hands washing...Then we play with the children in order to put these concepts into practice.</p> <p>They had made a big food pyramid by putting in the right order the pictures of different types of food and activities (like running or playing videogames)</p> <p>At another workshop, they made their own Harvard's dish, mixing ingredients to create an equilibrated plate with their adequate proportions of proteins, vegetables and carbohydrates.</p> <p>At another stand, we teach them how to brush their teeth, using large oral models, and toothbrushes. We give each of them toothpaste and a toothbrush as a gift to continue practicing at their homes</p>
<p>Partners</p> <ul style="list-style-type: none"> - Who are the partners 	<p>M^a Isabel Tahoces Díaz (principal of San Lorenzo de Brindis school), María Teresa Guzmán Cebrián (principal of Toral de los Vados school) and Verónica Castro Alonso (the head of community health at Villafranca del</p>

<p>involved?</p> <ul style="list-style-type: none"> - Who are the education professionals involved in the initiative? - Who are the health professionals involved in the initiative? - Where are the health professionals located? (e.g. In the school, in the community?) - At what stage/s did intersectoral work happen (eg conceptualization, co-design, implementation or evaluation)? 	<p>Bierzo primary care center), had an interview to prepare the subject of the talks and workshops, decide the ages of the students, the classrooms were they have to be done, etc.</p> <p>The talks and workshops were done at the schools, in big classrooms were the students had space to be in different workshops with different activities in each one.</p> <p>The teachers of the students were at the workshops and helped the pediatrician and the nurses to explain the different activities who must had to be done.</p> <p>Sandra Montoro Chavarrías (pediatrician), Yolanda Marqués Gonzalez (nurse), Alberto Perez Morán (nurse), Isabel Canal Iglesias (R.N.I) and Aroa Roldán Montero (R.N.I) were the health professionals that prepared the talks and workshops and went to the schools</p>
<p>Results of the initiative</p> <ul style="list-style-type: none"> - What were the deliverables? - Can you give some examples of actions resulting from the initiative? - What do you think was the impact of the initiative, if any? 	<p>At the end of the workshops, the children received a Harvard’s plate, some healthy recipes, and tooth paste and a toothbrush to take home and continue punting into practice the things that they had learned.</p> <p>Children began to bring paste and toothbrush to the school to brush their teeth after having lunch. They improved their snacks and began to change biscuits to fruits and nuts.</p> <p>At the primary care revisions, we could prove that these children were more motivated and more aware about healthy food, exercise, and hygienic habits.</p>
<p>Evaluation of the initiative</p>	<p>-The initiative was not standardly evaluated.</p> <p>-Children learned about healthy habits in a different way, playing, and being with their nurses and pediatrician in a different space as they used to</p>

<ul style="list-style-type: none"> - Was the initiative evaluated? If Yes - <i>How, and by whom?</i> - Name two things that went well. - Name two things that could be improved. - What were the main <u>barriers</u> to intersectoral working? - What were the main <u>facilitators</u> for intersectoral working? - What advice would you give to others who would like to do a similar initiative? 	<p>work. That helps children not to be afraid about their nurses and pediatrician. Working together with teachers improves results, so it is positive.</p> <ul style="list-style-type: none"> -The talks and workshops were all held on the same day, with no rest time between activities, and the children were so young that they could not maintain attention for so long (an hour and a half). It would be better to do some breaks or do different workshops on different days. -Other thing we could improve is to do another activity a few weeks or months later, to test their knowledge and if they have put into practice the healthy habits they had learned. - The most difficult thing was to agree with the teachers and director of the school on which day to give the talks. In primary care we have many time problems, with a lot of overwork and stress. Most of the time we cannot do any activity beyond the care activity because we do not have time, and we do not have substitutes.
<p>Additional information if available:</p> <ul style="list-style-type: none"> - Links to relevant websites - Link to / title of relevant articles - Other relevant resources 	<p>https://www.health.harvard.edu/staying-healthy/healthy-eating-plate https://pubmed.ncbi.nlm.nih.gov/17766495/ https://www.comisionadopobrezainfantil.gob.es/es/plan-estrat%C3%A9gico-nacional-para-la-reducci%C3%B3n-de-la-obesidad-infantil-0 https://apps.who.int/iris/bitstream/handle/10665/250751/9789243504780-spa.pdf;sequence=1</p>